


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2013</h1>		1 CLOSED. New Year's Day	2 9:00-S. Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Zumba Gold* 12:30-Bridge/Pinocle 1:30-Caregiver Support Group	3 9:00-Quilting 11:00-S. Training 12:30- <u>Music by Ralph Cann</u> 1:00-Bookmobile 1:30-Tai Chi 1:30-Knitting	4 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	5
6 <u>Weather Policy:</u> When schools are late, we are open on time When schools are closed because of the weather, the building is open, <u>all activities</u> are cancelled	7 9:30- S. Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class 2:30-Book Club 4:30-Zumba*	8 10:00-Blood Pressure 10:00-Mobile I&A 11:00-S. Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	9 9:00-S. Training 11:00-M&M Exercise 12:30- <u>"Dental Health"/</u> Premiere Dental Arts 12:30-Zumba Gold* 12:30-Bridge/Pinocle 1:30-Line Dancing*	10 9:00-Quilting 11:00-S. Training 12:15-Chair Yoga* 12:30- <u>"Step Up to Falls"/Janna/OTR</u> 1:30-Tai Chi*	11 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	12 <u>"There's A Doctor In The House"</u> Beginning in January for 6 months, the 2 nd Wed. of every month, from 5-7:00, a local physician will speak. Light dinner, reservation-301-600-1048
13 First Tuesday of every month, 10:00-Mobile Information & Assistance/what programs are available for individual with disabilities/older adults	14 9:30-S. Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class 4:30-Zumba*	15 11:00-S. Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	16 9:00-S. Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>Medicaid Info</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	17 9:00-Quilting 11:00-S. Training <u>"BINGO BASH"</u> 10:00-1:30 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	18 9:30-S. Training 11:00-M&M Exercise 12:30-Canazsta 12:30-Zumba Gold* Walter Art Museum Trip	19 Call 301-600-1605 for the monthly speaker.
20 For all trips that are listed, please call 301-600-1605 for more details	21 CLOSED Martin Luther King Day	22 11:00-S. Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	23 9:00-S. Training 11:00-M&M Exercise 12:30- <u>Garden Therapy</u> 12:30-Bridge/Pinocle 1:30-Line Dancing*	24 9:00-Quilting 11:00-S. Training 12:15-Chair Yoga* 12:30- <u>"Valley Boys"</u> 1:30-Tai Chi*	25 9:30-S. Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold* Maryland Historical Society Trip	26 <u>Deaf Seniors</u> meet 2 nd and 4 th Thursday at 1:00-4:00 for games and cards Tu B'Shevat
27	28 9:30-S. Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 1:00-Art Class 4:30-Zumba* Australia Day	29 11:00-S. Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	30 9:00-S. Training 11:00-M&M Exercise 12:30- <u>Alzheimers Program</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	31 9:00-Quilting 11:00-S. Training 12:15-Chair Yoga* 12:30- <u>Music by Pete Baugher</u> 1:30-Tai Chi*	"BINGO BASH" Bingo is played from 10-12:00, lunch at noon, Bingo 12:30-1:15 Special games- Reservations a must 301-600-1048	